

Full Report (All Nutrients) 19408, Snacks, pork skins, barbecue-flavor

Report Date: May 05, 2015 06:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Snacks

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.5 oz 14.2g
Proximates						
Water	g	2.10	6	0.171	0.60	0.30
Energy	kcal	538	--	--	153	76
Energy	kJ	2251	--	--	638	320
Protein	g	57.90	6	0.474	16.41	8.22
Total lipid (fat)	g	31.80	6	1.124	9.02	4.52
Ash	g	7.00	6	0.759	1.98	0.99
Carbohydrate, by difference	g	1.60	--	--	0.45	0.23
Minerals						
Calcium, Ca	mg	43	1	--	12	6
Iron, Fe	mg	1.04	2	--	0.29	0.15
Magnesium, Mg	mg	0	1	--	0	0
Phosphorus, P	mg	220	1	--	62	31
Potassium, K	mg	180	1	--	51	26
Sodium, Na	mg	2667	9	194.365	756	379
Zinc, Zn	mg	0.71	1	--	0.20	0.10
Copper, Cu	mg	0.350	1	--	0.099	0.050
Manganese, Mn	mg	0.074	1	--	0.021	0.011
Vitamins						
Vitamin C, total ascorbic acid	mg	1.5	1	--	0.4	0.2
Thiamin	mg	0.084	1	--	0.024	0.012
Riboflavin	mg	0.432	2	--	0.122	0.061
Niacin	mg	3.355	2	--	0.951	0.476
Pantothenic acid	mg	0.430	1	--	0.122	0.061

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.5 oz 14.2g
Vitamin B-6	mg	0.156	1	--	0.044	0.022
Folate, total	µg	31	1	--	9	4
Folic acid	µg	0	--	--	0	0
Folate, food	µg	31	1	--	9	4
Folate, DFE	µg	31	--	--	9	4
Vitamin B-12	µg	0.13	1	--	0.04	0.02
Vitamin A, RAE	µg	65	--	--	18	9
Retinol	µg	38	--	--	11	5
Carotene, beta	µg	324	--	--	92	46
Vitamin A, IU	IU	667	--	--	189	95
Lipids						
Fatty acids, total saturated	g	11.560	--	--	3.277	1.642
10:0	g	0.020	1	--	0.006	0.003
12:0	g	0.070	1	--	0.020	0.010
14:0	g	0.400	1	--	0.113	0.057
16:0	g	6.960	1	--	1.973	0.988
18:0	g	4.100	1	--	1.162	0.582
Fatty acids, total monounsaturated	g	15.030	--	--	4.261	2.134
16:1 undifferentiated	g	0.990	1	--	0.281	0.141
18:1 undifferentiated	g	13.780	1	--	3.907	1.957
20:1	g	0.250	1	--	0.071	0.036
Fatty acids, total polyunsaturated	g	3.450	--	--	0.978	0.490
18:2 undifferentiated	g	3.410	1	--	0.967	0.484
18:3 undifferentiated	g	0.000	1	--	0.000	0.000
20:4 undifferentiated	g	0.040	1	--	0.011	0.006
Cholesterol	mg	115	8	4.853	33	16
Amino Acids						
Tryptophan	g	0.131	--	--	0.037	0.019
Threonine	g	1.765	--	--	0.500	0.251
Isoleucine	g	1.373	--	--	0.389	0.195
Leucine	g	3.221	--	--	0.913	0.457
Lysine	g	2.698	--	--	0.765	0.383
Methionine	g	0.476	--	--	0.135	0.068

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.5 oz 14.2g
Cystine	g	0.514	--	--	0.146	0.073
Phenylalanine	g	1.877	--	--	0.532	0.267
Tyrosine	g	1.186	--	--	0.336	0.168
Valine	g	2.334	--	--	0.662	0.331
Arginine	g	4.547	--	--	1.289	0.646
Histidine	g	0.719	--	--	0.204	0.102
Alanine	g	5.472	--	--	1.551	0.777
Aspartic acid	g	4.295	--	--	1.218	0.610
Glutamic acid	g	7.302	--	--	2.070	1.037
Glycine	g	11.036	--	--	3.129	1.567
Proline	g	6.769	--	--	1.919	0.961
Serine	g	2.484	--	--	0.704	0.353